



## Member Code of Conduct

- I will compete by the rules of wrestling, and in the spirit of the sport.
- I will control my temper – fighting and “mouthing off” can spoil the activity for everybody.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that winning isn’t everything – that having fun, improving skills, making friends and doing my best are also important.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.
- I will co-operate with my coach, teammates, officials and opponents.
- I will respect the facilities and their staff.
- I will not conduct myself in a disrespectful manner. Disrespectful is defined as action or words deemed rude, unpleasant, inappropriate, or unprofessional and found to be offensive to others.
- I will not conduct myself in a way that would be deemed a travesty to the sport by using profane or threatening abusive language, gestures or actions towards any person. Such actions may also be described as verbal or physical taunts or gestures that intend to humiliate, demean, belittle cause offense to or harm the reputation of the person or group targeted.